



Chopper's Gym Response to COVID-19

At Chopper's Gym, providing a safe space is our main priority. In order to support the health and well-being of our community, we wanted to share the following update:

We have been closely monitoring updates regarding the spread of the Coronavirus (COVID-19). Chopper's Gym will continue to remain open regularly. We will update our calendar to confirm any scheduling changes as they arise.

Statement from Chief Medical Officer, Professor Brendan Murphy:

"I think the gym is fine. But everybody at the moment needs to practice very good hygiene, so if you're going to the gym I would be very focused on hand washing, using hand sanitisers, all of those social distancing, good hygiene measures, we want everybody in the community to start practising those and to start thinking about how we will do social distancing in future."

Here are some of the precautionary measures Chopper's Gym are taking:

- We will have hand sanitisers at the front counter and around the gym. We ask that everyone use them before and after classes.
- We ask that everyone bring in their own bottles of water or fill up their bottles at the bubbler, please do not use the drinker piece.
- Please ensure you bring your own towels and a change of shirt if you are doing a second class.
- We are being mindful of social distancing concerns about attending large group classes so we are limiting group sizes in our popular classes.
- We urge members to attend our morning and lunchtime classes because on average we have 4 members attending them.
- Each of our classes (except morning and lunch) will be finishing 10 minutes earlier so that we can mop the floors with disinfectant after every class.
- As you guys know, we take hygiene very seriously inside the gym, it's cleaned daily and equipment is wiped down after each use as well as enforcing shoes off the mats and shoes worn to the toilets.
- We will continue to evaluate and be vigilant about this situation, and share information to you all as it becomes available.

We are here to answer any questions or concerns you may have.

Cheers,

Chopper's Gym